

# SCHOOL HEALTH E-NEWSLETTER

Te Kura Hauora Rorohiko Panui

Regional Public Health's School Health & Immunisation Group  
Hutt Valley, Wellington and Porirua region. Please forward to all school staff.

Term 1 2016

*Our aim is to support students with their health and improve their learning outcomes.  
We will inform you of 'hot health topics' and how to recognise evidence versus sensationalism!*

## > Public health nurses

Our nurses are allocated to provide a service to high deprivation areas as a priority and all children matter to us. The Public Health Nurse for decile 7-10 schools providing a responsive service is available to take referrals by email or phone. Email [SchoolPHN@huttvalleydhb.org.nz](mailto:SchoolPHN@huttvalleydhb.org.nz) or phone 04 570 9002. Decile 1-6 receive regular visits by their allocated Public Health Nurse.

## > Health star ratings

Health Star Ratings are a quick and easy way for you to choose healthier packaged foods.

### The more stars, the healthier the food

Health Star Ratings rate the nutrition content of packaged food from half a star to 5 stars. The more stars, the healthier the food.

Here's what Health Star Ratings look like:



Most packaged foods can get a Health Star Rating.

Health Star Ratings are voluntary so you won't see them on all packaged foods but you'll see Health Star Ratings appear on more products over time.

More information can be found [HERE](#).

### Supported by governments in Australia and New Zealand

The Health Star Rating system was developed in collaboration with the New Zealand Government and Australian Government, the food industry, public health and consumer groups.



Australian Government



**New Zealand Government**

Te Kāwanatanga o Aotearoa

### Use Health Star Ratings to compare similar packaged foods

The stars make it easier for you to choose healthier products.

Health Stars give you an independent, quick and simple way of comparing similar packaged foods so you can make a healthier choice.

Australian Health Star Rating [WEBSITE](#).

Extra information for New Zealand food manufacturers and distributors:

- [Food and nutrition for healthy, confident kids.](#)

## > Hot health topics

Zika virus is a virus that is spread by some kinds of mosquitoes. The mosquitoes that can spread Zika virus are not normally found in New Zealand, but they are found in many countries around the world. If pregnant women are infected with Zika virus it can cause harm to their developing baby.

Most people who get infected with the Zika virus do not show any symptoms. Those who do feel sick experience symptoms that include: a low-grade fever, joint and muscle pain, a rash, headache and red eyes.

Currently the mosquito that carries the Zika virus is not in New Zealand, find out where the virus is [HERE](#).

Further information on Zika virus can be found [HERE](#).

As Zika virus and mosquitos are such a hot topic at the moment your students may wish to learn more about mosquitos. You can find a potential lesson plan [HERE](#).



## > Summer hay fever

Unfortunately this time of year brings seasonal hay fever. You may find several children in your class, colleagues and people at home have symptoms of hay fever.

Hay fever is characterised by recurrent runny, stuffy, itchy nose, and frequent sneezing. It can also affect your eyes, sinuses, throat and ears.

Fifty per cent of patients experience symptoms for more than four months per year, and 20% have symptoms for at least nine months of the year. Find out more about hay fever [HERE](#).



## > Toilet training

Children starting school may still be in the process of toilet training, whether that is enuresis (wetting) or faecal incontinent (soiling). If continence is an issue in your classroom, you may find some of the following links helpful:

- [Information for teachers: Children who wet and soil.](#)
- [ERIC - The children's continence charity.](#)
- [The Right to Go guide.](#)



## > General updates

### Vision and hearing technicians

- Regularly allocated screening visits.
- B4 School check, vision and hearing follow ups and rescreens for new entrants.
- Year 7 vision.

### Porirua children's ear van

Porirua area only specialised ear care, free for children aged 0 to 18 years. 'Drop in' and 'by appointment' clinics available. Find out more [HERE](#).

### Health promoting schools



Health Promoting Schools (Wellington region) is on facebook! Follow us [HERE](#).

### Annual immunisations school programme

The programme is delivered in the school setting by a team of Registered Nurses, who have been providing this service for many years.

- Year 7 Boostrix immunisation providing protection against diphtheria, tetanus, and pertussis (whooping cough). This is a booster dose, following on from early childhood immunisation given before starting school.
- Year 8 Girls receive the HPV/Gardasil immunisation providing protection against the Human Papillomavirus (HPV) and genital warts.

Any queries you may have regarding these immunisations can be answered by the nurses, please call 04 587 4929 or look on the Ministry of Health [WEBSITE](#).

We encourage you to continue sharing this newsletter with as many people at your school as possible.